

Goal Worksheet

Goal: _____ _____				
Date goal was achieved: _____				
Specific	Measurable	Action Oriented	Realistic	Time Bound

Confidence Visual Analogue Scale – How confident are you that you will achieve this goal?

1	2	3	4	5	6	7	8	9	10
not confident		somewhat confident				very confident			

If you've scored less than 7, rework your goal to increase your chance of reaching this goal.

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